

Teen Parents

Teen Parents is a nutrition curriculum for pregnant and parenting teens. Eating healthy foods and maintaining a healthy weight are critical for pregnant teens because they are still growing and developing. *Teen Parents* focuses on how to be healthy during pregnancy and how to deliver a healthy baby. Other important topics covered include special nutrient needs for pregnant teens and the harmful effects of drugs and alcohol on the growing fetus. Fun, interactive activities will help teens learn to make important feeding decisions for their infants and young children, plan meals, shop for food, keep food safe, and access community resources.

- 1. My Community Resources** – The first lesson gives an overview of the program, and introduces students to community resources. Proper hand washing technique is emphasized. (Show-Me Standard IB: 3a)
- 2. What Should I Eat?** – Students discuss MyPyramid and the food groups. (Show-Me Standards: IIB: 1a, 3)
- 3. Have a Healthy Baby** – Teens learn the importance of weight gain during pregnancy. (Show-Me Standard VA: 3a)
- 4. Special Nutrient Needs** – Because nutritional needs change during pregnancy, students learn the benefits of choosing foods rich in iron, folate, calcium and protein during pregnancy. (Show-Me Standards: IIB: 2a, 3a, 6a)
- 5. If It's Not One Thing, It's Another** – Common physical discomforts during pregnancy are discussed along with strategies for coping with them. Students discover the importance of physical activity during pregnancy. (Show-Me Standard VA: 3a)
- 6. Take Care of Your Baby's Health** – Students learn that risks associated with using tobacco, drugs, alcohol and caffeine are especially high during pregnancy. (Show-Me Standards: IA: 1a, IB: 3a, IIIA: 10, IIIC: 1a, 1b, 6a)
- 7. Fast Food and Healthy Snacks** – To help teens make the best diet decisions, this lesson explains the importance of eating breakfast, how to make healthy fast-food choices, and how to use ingredient substitutions when cooking. (Show-Me Standards: IIB: 1a, IIC: 3a)
- 8. Decisions for Feeding Your Baby** – Teens explore the benefits of breast-feeding and compare breast-feeding to bottle-feeding. (Show-Me Standard IIB: 6a)
- 9. Introducing Solid Foods** – Students learn when to introduce solid foods and how to prepare baby food at home. (Show-Me Standard IIB: 6a)

- 10. Feeding Older Babies and Toddlers** – The responsibilities of parents and children in the feeding relationship are outline for students. They also learn the importance of child-size portions. (Show-Me Standard: IIB: 6a)
- 11. Get the Most for Your Money** – This lesson shows students how to get the best value by comparing the nutritional value of foods using food label information. They also learn to calculate and use unit pricing. (Show-Me Standard: IIB: 8a)
- 12. Keeping Food Safe to Eat** – Students learn how to protect themselves and their babies by preventing foodborne illness. (Show-Me Standard: IIB: 4a)

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